

Lifeguard Training Class

The Bellevue Aquatic Center is offering an American Red Cross Lifeguard training class this fall. Participants can earn Red Cross Certifications in; Lifeguarding, First Aid, AED, and CPR for the Professional Rescuer.

Dates/Times: Sat Nov 16 9:30am-5:30, Sun Nov 17 9:30am-5:30
Sat Nov 23 9:30am-5:30, Sun Nov 24 9:30am-5:30,
Sat Dec 7 9:30am-5:30, Sun Dec 8 12:00pm-6:00
Course # **67486**

Ages: must be 15 years of age or older by Dec 8th 2013



You must be able to:

- Swim 500 yards of Crawl stroke and Breaststroke
- Swim 20 yards, retrieve a 10# brick from the bottom of the pool, and return to your starting point.
- Tread water without using hands for 2 minutes

Course Fee: \$180.00 plus Materials

Participants must buy a lifeguard participants manual and a pocket mask.

You can purchase a hard copy of the manual and pocket mask and download the latest version of the training manual for free from www.americanredcross.org

The Aquatic Center is located at:

601 143rd Ave Ne
Bellevue, WA 98007

For Questions- Contact Patrick Simmons @ (425) 452-4444

